

Nutrition References

- Adolescent Nutrition: Assessment and Management. Vaughn I. Rickert, Editor. Chapman & Hall, 1996.
A comprehensive nutrition reference for adolescent health with a focus on the developmental period (12-21 years).
- American Academy of Pediatrics Guide to Your Child's Nutrition. William Dietz and Loraine Stern, Editors. American Academy of Pediatrics, Villard Books, New York, 1999.
- Bowes and Church's Food Values of Portions Commonly Used, 15th Edition. Jean A. T. Pennington, Harper Perennial Publishers, 1989.
- Calcium: A Summary of Current Research for the Health Professional. National Dairy Council, 1984.
- Calcium: A Summary of Current Research for the Health Professional, Second Edition. National Dairy Council, 1989.
- Celebrating Diversity: Approaching Families Through Their Food. National Center for Education in Maternal and Child Health, 1994.
- Contemporary Nutrition: Issues and Insights, Second Edition. Gordon Waralaw, Paul Insel and Marcia Seyler, Mosby Year Book Publishers, 1994.
- Dairy Council Food Models. 1991 edition and older edition.
- Dairy Council Nutrient Density Cards. 1990 edition.
- Diet and Behavior: A Series of Regional Forums. National Center for Nutrition and Dietetics, The American Dietetic Association, 1991.
- Diet and Health: Implications for Reducing Chronic Disease Risk. National Research Council, National Academy Press, 1989.
- Eat for Life: The Food and Nutrition Board's Guide to Reducing Your Risk of Chronic Disease. Catherine E. Woteki, and Paul R. Thomas, National Academy of Sciences, 1992.
- Eating Hints: Recipes and Tips for Better Nutrition During Cancer Treatment. U.S. Department of Health and Human Services, 1986.
- Eating in America Today: A Dietary Pattern and Intake Report, Edition II. National Live Stock and Meat Board, 1994.
- Eating on the Run, Second Edition. Evelyn Tribole. Leisure Press, 1992.
- Effective Menu Planning for the Elderly Nutrition Program. The American Dietetic Association, 1991.
Details quality assurance and federal nutrition standards in menu planning for older adults, and features "how to" sections on planning, producing and evaluating menus; the sanitary production of food; and dealing with special issues such as ethnic and therapeutic meals. Includes a review of federal nutrition standards and examples of state nutrition policies, sample forms and surveys, cookbook and recipe sources, and a glossary of terms.

- Exchange Lists for Meal Planning. The American Dietetic Association and American Diabetes Association, 1989.
- Fast Food Facts: Complete Nutrition Information on More Than 1,500 Menu Items in 37 of the Largest Fast Food Chains, Fourth Edition. Marion J. Franz, Chronimed Publishing, 1994.
- Fat Display Kit. Penn State Nutrition Center, 1995. *Fat pats display the amount of fat in convenience foods. Includes set up instructions, fat and cholesterol brochures, recommended list of lowfat cookbooks, healthy heart quiz and color poster.*
- Fiber Display Kit. Penn State Nutrition Center, 1995. *Question and answer cards and food props teach facts about fiber in foods. Includes color poster, set up instructions, table tents, quiz, self-assessment tools, sample menus, legume recipes, fiber fact sheet, list of fiber content in foods.*
- Food, Activity and Fun: What Kids Think. American Dietetic Association, International Food Information Council, and the President's Council on Physical Fitness and Sports, 1995. *Reports results of a survey which assessed the attitudes and behaviors of 9-15 year olds regarding food, nutrition and physical activity.*
- Food Finder: Food Sources of Vitamins and Minerals, Second Edition. Elizabeth S. Hands, ESHA Research, 1990.
- Food, Home & Garden Bulletin 228, U.S. Department of Agriculture, 1979. *Information on better diets, breakfast and snacking, including recipes.*
- Hamilton and Whitney's Nutrition Concepts and Controversies, Sixth Edition. FrancesSizer and Eleanor Whitney, West Publishing Co., 1994. (5 copies)
- Hamilton and Whitney's Concepts and Controversies, Accompanying Food Diary and Activity Manual. FrancesSizer and Eleanor Whitney, West Publishing Co., 1994. (5 copies)
- Handbook of Clinical Dietetics, Second Edition. The American Dietetic Association, Yale University Press, 1992.
- Health Tips to Go: A Selection of Reproducible Masters for Prescribing a Good Diet. National Live Stock and Meat Board, 1993.
- Healthy Food, Healthy Kids. Elizabeth M. Ward. Adams Media Corporation, 2002. *Nutrition advice designed to help children from birth through age 6 build healthy eating habits for life.*
- How Much Salt? Young People's Healthy Heart Program, 1994. *Visual Aid – Test tubes display amount of salt in: potato, potato chips, homemade soup, canned chicken noodle soup, pork chop, ham, canned chow mein, fast food Deluxe Burger, and a picnic meal.*
- Iron Deficiency Anemia: Recommended Guidelines for the Prevention, Detection, and Management Among U.S. Children and Women of Childbearing Age. Food and Nutrition Board, Institute of Medicine, National Academy Press, 1993. (2 copies)
- Iron Nutrition Revisited: Infancy, Childhood, Adolescence. Ross Laboratories, Columbus, Ohio, 1981.

- Learning Through Laughter. The American Dietetic Association, 1990. *Cartoons with various food and nutrition themes.*
- Manual of Clinical Dietetics, Fourth Edition. The American Dietetic Association, 1992.
- Modern Nutrition in Health and Disease, Eighth Edition, Volume 1. Maurice Shils, James A. Olson and Moshe Shike, Editors, Lea & Febiger Publishers, 1994.
- Modern Nutrition in Health and Disease, Eighth Edition, Volume 2. Maurice Shils, James A. Olson and Moshe Shike, Editors, Lea & Febiger Publishers, 1994.
- National Institutes of Health Consensus Statement, Volume 12, Number 4: Optimal Calcium Intake. National Institutes of Health, 1994.
- NETPRO Training Materials Guide. National Food Service Management Institute, 1994. *A list of Nutrition Education and Training Program products which includes all items produced since 1989 or that are currently under development.*
- Nutrition for the Foodservice Professional, Second Edition. Karen Eich Drummond, Van Nostrand Reinhold Publishers, 1994.
- Nutrition in Aging, Second Edition. Eleanor D. Schlenker, Mosby Publishers, 1993. (2 copies)
- Nutrition in Infancy and Childhood, 7th edition. Christine M. Trahms. New York, NY: McGraw-Hill, 2001.
- Nutrition Now Series: Calcium in Your Life. Colleen Pierre, M.S., R.D. and the American Dietetic Association. Chronimed Publishing, 1997. *Information on how to increase calcium intake, including recipes, menus and supplement advice. Covers risk factors for osteoporosis and special needs for special populations such as vegans, dieting teenagers, kids who don't like milk and adults with lactose intolerance.*
- Nutrition Now Series: Snacking Habits for Healthy Living. American Dietetic Association. Chronimed Publishing, 1997. *Provides general guidelines for choosing snacks, along with specific snacking needs and considerations for children, teens, athletes and weight-conscious adults. Includes snacking ideas for people with diabetes and other special dietary needs.*
- Nutrition Now Series: The Supermarket Guide. Mary Abbott Hess and the American Dietetic Association. Chronimed Publishing, 1997. *Guide to making informed decisions about food purchases, including tips on reading labels, comparison shopping, choosing foods that fit a healthful eating plan, keeping food safe and stretching food dollars.*
- Pediatric Nutrition Handbook, Fourth Edition. American Academy of Pediatrics, 1998.
- Recommended Dietary Allowances (RDA), 10th Edition. National Academy of Sciences, 1989.
- Regional Hunger Forum: Agenda for the Future – Transcript of the Proceedings. U.S. Department of Agriculture, December 13, 1993, Burlington, VT.
- Resource Materials for the Health Professional. National Live Stock and Meat Board, 1992.

- Safe Food: Eating Wisely in a Risky World. Michael Jacobson, Lisa Lefferts and Anne Garland. Center for Science in the Public Interest, The Berkeley Publishing Group, 1991.
- Secrets of Feeding a Healthy Family. Ellyn Satter. Madison, WI: Kelcy Press, 1999.
- Similarities and Differences Between Children and Adults: Implications for Risk Assessment. Guzelian, Henry and Olin, Eds., ILSI Press, 1992.
- Skim the Fat: A Practical and Up-to-Date Food Guide. American Dietetic Association, Chronimed publishing, 1995. *Explains building a lower fat diet using the principles of the Food Guide Pyramid, with practical applications for shopping, label reading, cooking and eating on the go. Includes recipes.*
- Sodium Display Kit. Penn State Nutrition Center, 1995. *Self-test display cards and food props convey the amount of sodium in various food groupings. Includes set up instructions, color poster, fact sheet, self-assessment tools, information signs and cards.*
- Sugar and Sweeteners Display Kit. Penn State Nutrition Center, 1995. *Conveys the amount of sugar and sweeteners in various foods through the use of sugar and Equal packets. Conveys through the use of hearts, salt shakers and stars that some sweet foods provide more nutrients than others. Includes set up instructions, lists of amount of sweeteners in foods, stickers, quiz, fact sheet on sugar and artificial sweeteners, handout and poster.*
- Teams for Healthy Kids Resource Guide. Mid-Atlantic Regional Office, U.S. Department of Agriculture, 1995. *A list of resources and materials for food service personnel and educators.*
- The American Dietetic Association's Complete Food & Nutrition Guide. Roberta Larson, Duyff, M.S., R.D., C.F.C.S. Chronimed Publishing, 1996. *Written for consumers, provides quick access to advice on a multitude of food and nutrition topics.*
- The Essential Guide to Vitamins and Minerals. Elizabeth Somer, M.A., R.D. and Health Media of America, Harper Perennial Publishers, 1992.
- The Healthy Eating Index. U.S. Department of Agriculture Center for Nutrition Policy and Promotion, 1995. *The Healthy Eating Index measures how well the diets of all Americans conform to the recommendations of the Dietary Guidelines for Americans and the Food Guide Pyramid.*
- The Mount Sinai School of Medicine Complete Book of Nutrition. Victor Herbert, M.D., and Genell Subak-Sharpe, Editors, St. Martin's Press, 1990.
- The Nutrition Bible. Jean Anderson and Barbara Deskins, Ph.D., R.D. Quill, 1995. *Defines and explains foods, nutrients, additives, pollutants, enzymes, hormones, food-related diseases and debunks nutrition myths and misconceptions.*
- The Practitioner's Guide to Cost-Effectiveness Analysis of Nutrition Interventions. Patricia L. Splett, R.D., M.P.H., Ph.D., Maternal and Child Health Interorganizational Nutrition Group, May 1996.
- The SNE Story: 25 Years of Advancing Nutrition Education. Helen Denning Ullrich, Nutritional Communications Associates, 1992. *Events in the history of SNE and national nutrition policies from 1967-1991.*

- The Tufts University Guide to Total Nutrition. Stanley Gershoff, Harper Perennial Publishers, 1990.
- Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals. James E. Robbers, PhD and Varro E Tyler, PhD. The Haworth Herbal Press, Binghamton, NY, 2000.
- Tyler's Honest Herbal: A Sensible guide to the Use of Herbs and Related Remedies. fourth edition, 1999. Steven Foster and Varro E Tyler, PhD. The Haworth Herbal Press, Binghamton, NY, 1999.
- USDA Technical Report: A Review of the Research on the Effects of Training in Nutrition Education on Intermediaries, Paraprofessionals and Professionals. U.S. Department of Agriculture, 1994. *Report on the effectiveness of nutrition education.*
- USDA Technical Report: Nutrition Education for Adults: A Review of Research. U.S. Department of Agriculture, 1994. *Report on the effectiveness of nutrition education.*
- USDA Technical Report: Nutrition Education for School-Aged Children: A Review of Research. U.S. Department of Agriculture, 1994. *Report on the effectiveness of nutrition education.*
- Vitamins, Minerals and Food Supplements. Marsha Hudnell, M.S., R.D. and American Dietetic Association. Chronimed Publishing, 1996. *Includes general guidelines for determining whether dietary supplements are necessary, how to obtain essential nutrients from a balanced and varied diet, choosing a supplement, reading supplement labels and evaluating supplement claims.*
- What's Left to Eat? Sue Gebo, McGraw-Hill, Inc., 1992.
- Winning with Osteoporosis. Harris H. McIlwain, Debra Bruce, Joel C. Silverfield, Michael C. Brunette and Bernard Germain. John Wiley & Sons, 1993.
- Yale Guide to Children's Nutrition. William V. Tamborlane, M.D., Editor. Yale University Press, 1997.

Videos

Eating Healthy for Heart Health. CNN, 1990. RT 24:41.

Eating Healthy for Kids. CNN, 1990. RT 21:28.

Eating Healthy for Life. CNN, 1990. RT 22:27.

Eating Healthy for Sports. CNN, 1992. RT 23:00.

Eating Healthy for Weight Control. CNN, 1990. RT 23:34.

Eating Healthy When Dining Out. CNN, 1990. RT 24:05.

Modern Cuisine. Wheat Foods Council, 1993. RT 5:00. *Discusses key myths about grains and role of grains in low fat diet. Includes support materials/information.*

Nutrition on the Run: Snacks and Fast Foods. Sunburst Communications, 1980. *Accompanies manual.*

The ABC's of Children's Nutrition. CNN, 1992. RT 23:00.

The Seven Most Popular Nutrition Myths. National Health Video, Inc., 1992.

Dietary and Nutrition Guidelines

ABC's of Healthy Living: Dietary Guidelines 2000 Trainer Guide. Texas Department of Human Services, Special Nutrition Programs and Texas Education Agency, Child Nutrition Programs, 2002. *Targets foodservice personnel, cooks, teachers and administrators who care for children or adult participants in centers/schools. Includes videotape, "ABC's of Healthy Living."*

A Game Plan for Success in Implementing the Dietary Guidelines. Nutrition Education and Training Program, North Dakota Department of Public Instruction, 1994.

Better Nutrition is a SNAP (School Nutrition Action Program). Illinois State Department of Education.

Building for the Future: Nutrition Guidance for the Promoting of Healthy Children and Teens Participating in the USDA's Child Nutrition Programs. U.S. Department of Agriculture, 1992.

Building for the Future: USDA Nutrition Guidance for the Child Nutrition Programs – A Workshop Model for School Food Service Personnel. West Virginia Department of Education, 1993.

Changing the Course: A Manual for School Foodservice Providers. American Cancer Society and National Cancer Institute, 1990.

C.H.E.F.S. Student Manual (Culinary and Healthful Enhancement of Food in Schools). Maryland Department of Education, 1995. *A pilot project focused on increasing the nutrition and quality of school meals.*

Dietary Guidelines. Ohio Department of Education, 2000. *Includes lesson plans and transparencies.*

Dietary Guidelines and Your Diet. U.S. Department of Agriculture, 1993. *A set of 8 bulletins on understanding the Dietary Guidelines and putting them into practice.*

Dietary Guidelines Interventions. Delaware State Department of Education, 2002. *Summary of 10 interventions conducted in local school districts as a result of a 2000 Team Nutrition grant from U.S. Department of Agriculture. All projects focused on nutrition and physical activity.*

Dietary Guidelines 2000 Tool Kit: A Resource for Early Childhood Professionals. Illinois State Board of Education, 2002.

Food Facts for Older Adults: Information on How to Use the Dietary Guidelines. U.S. Department of Agriculture, 1993.

Good Nutrition: Better Forever. New York State Department of Education, 1992. *Assists schools in implementing Dietary Guidelines in menu planning and food preparation. Includes recipes.*

Guidelines for School Health Programs to Promote Lifelong Healthy Eating. Centers for Disease Control and Prevention, June 1996.

Healthy Choice: A Training Program for School Food Service Personnel. Child Nutrition Programs, West Virginia Department of Education, 1991.

Healthy Cooking for Kids: 1995 Breakfast Lunch Training. National Food Service Management Institute, 1995. *Includes three modules: Increasing Fruits and Vegetables in Menu Planning; Reducing Fat in Meats and Meat Alternate Main Dishes; Increasing Grains and Pasta in School Lunch Meals. Includes videotape "Healthy Cooking for Kids." Intended for use by district directors and managers for staff training.* (2 copies)

Heart Healthy Food Preparation for Schools: A Course for School Nutrition Personnel. American Heart Association and Georgia Department of Education, 1987. *Six sessions, including Basic Principles of Dietary Guidelines; Meat/Meat Alternates; Fruits and Vegetables; Bread/Bread Alternates, Soups and Sauces; Putting It All Together; Menus and Snacks. Includes recipes and slides.*

High Time for Low Fat: A Course for School Food Service Managers. State of Mississippi, Department of Education, 1993. *A 24 hour course including 5 lesson plans and 15 marketing kits.*

Lunch Power! Guide to Healthy School Lunches. Beef Industry Council, 1991.

Making Healthy Food Choices. U.S. Department of Agriculture, HNIS Home & Garden Bulletin #250, 1993. *For low literacy adults (a 5th to 6th grade reading level). Encourages the use of the Dietary Guidelines.*

Making the Honor Roll. Advocates for Better Children's Diets, 1995.

Meal Quality Self-Assessment Instrument for Child Care Programs: Nutritional Guidelines. California State Department of Education, 1987.

Meal Quality Self-Assessment Instrument for School Nutrition Programs: Nutritional Guidelines. California State Department of Education, 1987.

Menu for Success! Tennessee State Department of Education, 1992. *A site-based approach to implementing Dietary Guidelines in School Lunch and Breakfast Programs.*

Nutrition and Your Health: Dietary Guidelines for Americans. 5th ed. (Home and Garden Bulletin No. 232). Washington, DC: U.S. Departments of Agriculture and Health and Human Services, 2000. Available at: www.usda.gov/cnpp/Pubs/DG2000/Index.htm.

Nutrition at Work: The Dietary Guidelines 2000. Connecticut State Department of Education, 2001. *A 15-hour course for school foodservice personnel on the Dietary Guidelines for Americans 2000. The course content focused on providing the knowledge, skills and resources needed to (1) successfully implement the Dietary Guidelines in school nutrition programs, (2) integrate cafeteria and classroom, and (3) promote the Dietary Guidelines and school nutrition programs to parents, students, teachers, administrators and the community. Includes many hands-on activities.*

Nutrition Comes Alive (Grades K-6) – Food Service Worker Guide. New York State Department of Education, 1987.

Nutrition Integrity in School Nutrition Programs: A Focus on Meeting the Dietary Guidelines for Americans. Virginia Nutrition Education and Training Program, 1994. *Resource materials from a workshop for school food service personnel to: 1) determine the strengths and weaknesses of their programs, and 2) make plans to improve program quality.*

- Planning Meals that Lower Cancer Risk: A Reference Guide Designed for Health Professionals. American Institute for Cancer Research, 1984. *Menu planning guide for implementing the Dietary Guidelines on nutrition and cancer.*
- School Food to Grow, Go, Glow: Promotion Pointers. Kansas Nutrition Education and Training Program, Kansas Department of Education, 1996.
- School Nutrition: Shaping Healthy Choices. Connecticut Nutrition Education and Training Program (Adapted from Georgia Nutrition Education and Training Program), 1988.
- Shaping Healthy Choices into Action: Implementation Materials for the Child Nutrition Shaping Healthy Choices Campaign. California Nutrition Education and Training Program, 1992. *Includes 2 videos: "School Nutrition: Shaping Healthy Choices" and "The Healthy Edge in Schools."*
- Smart Choice: A Guide to Healthy Food – A Workbook for School Food Service Personnel. State of Connecticut Department of Health Services, 1988.
- Soup-to-Nuts: School Food and Nutrition Activity Ideas. Georgia Department of Education, 1982.
- Strategies for Success: A Resource Manual for SHAPE. Nutrition Education and Training Program, California Department of Education, 1995. *Shares a variety of strategies that the California schools found successful in implementing the Dietary Guidelines in school meals and in providing nutrition as an integral part of a comprehensive school health system. Focuses on seven areas for successful implementation of a comprehensive approach to nutrition services: Planning for Success; Offering Healthy Foods; Providing Staff Development; Building Partnerships; Applying Nutrition Policies; Promoting Nutrition Education; and Marketing Healthy Choices.*
- The Performance Foods Center: A High Carbohydrate, Low Fat School Food Service Program. Washington State Potato Commission, 1993.
- The Road to Change: Implementing the Dietary Guidelines in Schools. Georgia Nutrition Education and Training Program, Georgia Department of Education, 1991. *Workbook to accompany "The Road to Change" video.*
- Trimming the Fat: A Step by Step Guide for Implementing USDA's Food-Based Menu System. Associated Milk Producers, Inc., 1995.
- Trimming the Fat: Modifying School Menus Reference Guide. Associated Milk Pro Inc., and St. Louis District Dairy Council, 1991. (2 copies)
- Trimming the Fat: Modifying School Menus Workbook. Associated Milk Pro Inc., and St. Louis District Dairy Council, 1991. (2 copies)
- Trimming the Fat: Reference Guide. Associated Milk Producers, Inc., 1995.
- 2001 Breakfast Lunch Training: Dietary Guidelines for Americans. National Food Service Management Institute, 2001. *Materials for school food service professionals to teach staff about the 2000 Dietary Guidelines for Americans. Includes ten lessons, classroom/cafeteria connections, reproducible handouts and transparency masters. Two videotapes, one for staff and one for students in grades 5-12, provide information on the DGA and Food Guide Pyramid as they relate to healthy lifestyles.*

Videos

National Food Service Management Institute Teleconference #1 – Dietary Guidelines: In Your Hands (4/28/92). National Food Service Management Institute, 1992. RT 60:00. (2 Copies)

National Food Service Management Institute Teleconference #2 – Purchasing & Dietary Guidelines (9/23/92). National Food Service Management Institute, 1992. RT 60:00.

National Food Service Management Institute Teleconference #3 – Preparation and the Dietary Guidelines (2/3/93). National Food Service Management Institute, 1993. RT 60:00.

New Dietary Guidelines 1992. RT 60:00.

School Nutrition: Shaping Healthy Choices. California Department of Education, 1992.

Smart Choice: A Guide to Healthy Food (Cut the Fat). State of Connecticut Department of Health Services, 1990. RT 14:00. *Narration with slides.*

The Healthy EDGE in Schools: Eating, Dietary Guidelines, and Education. American School Food Service Association, 1989.

The Missing Curriculum: How Schools Can Influence How Our Children Eat. U.S. Department of Agriculture, 1999. RT 14:24. (2 copies)

The Road to Change. Georgia Nutrition Education and Training Program, 1991. RT 25:00.
Implementing Dietary Guidelines for Child Nutrition Managers. Accompanies "The Road to Change" guidebook.

Food Guide Pyramid

Cooking Up the Pyramid: An Early Childhood Nutrition Curriculum. Katherine M. Brieger, 1993. *Simple ideas for teaching food and nutrition to children ages 3-8. Includes 10 units, 78 activities and multicultural recipes, a nutrition bingo game and 10 bilingual parent newsletters.*

Exercise Your Options (Middle School). Oregon Dairy Council, 1995. *Issues include changes in physical characteristics, health decisions and connection between food choices and activity. Students use Food Guide Pyramid and workbook as basis for creating a plan to improve nutrition, physical activity and overall health. Includes reproducible handouts.*

Food Guide Pyramid Poster. United States Department of Agriculture, 1992.

Food Guide Pyramid Puzzle. United States Department of Agriculture, 1993.

Food Foundation for Fitness. NCES, 1994. *Full -color handout of the Food Guide Pyramid, including sample menu and food diary for comparing individual intakes with the guidelines.*

Food Pyramid Bingo. Kathleen Stefancin, R.D. *Participants from ages 8 to adults will increase their knowledge of 95 foods, using the Food Guide Pyramid. Can be used with 2-30 players with play lasting 6-8 minutes.*

Food Pyramid Lotto. Yummy Designs, Washington, 1993. *An educational game for ages 5 to adults which teaches: Pyramid Food Groups, including variety of choices and combination foods; limiting fats and sweets; low fat alternatives; balancing a day's menus; importance of grains, vegetables and fruits; and food safety.*

Food Pyramid Lotto – Spanish Version. Yummy Designs, Washington, 1993. *An educational game for ages 5 to adults which includes culturally appropriate foods and dishes. The game teaches Pyramid Food Groups, including variety of choices and combination foods; limiting fats and sweets; low fat alternatives; balancing a day's menus; importance of grains, vegetables and fruits; and food safety.*

Food Pyramid Lessons & Activities Book. Laurie Manahan, M.S., M.Ed., R.D. 1997. *For grades preK to 6. Features Food Pyramid lessons, games, stories, songs and puppet activities, as well as a complete puppet show script. Includes cross-cultural section with Food Pyramids from ethnic groups and other countries. Puppets accompany lessons.*

Hot Food Facts for Cool Kids. NCES, 1994. *A Food Guide Pyramid full-color handout for kids. Includes suggested serving sizes for children ages 1 to 10 years; mealtime tips for parents; and a sample menu for a 4-year-old child.*

Nutrition for Infants and Children Under Six. Lina Ingraham, Cambridge Research Group, 1994. *Focuses on nutritional needs as defined by the Food Guide Pyramid. Includes manual and video, Nutrition for Infants and Children Under Six.*

Putting the Pyramid into Practice. Washington State Dairy Council, 1993. *Includes 40 slides with script and lessons plans for: 1) Putting Serving Sizes into Practice; 2) Building a Pyramid Menu (Cultural Style!); and 3) Rating Your Diet with Pyramid Pointers.*

Pyramid Builders Nutrition Activities: Nutrition Curriculum for Grades K-6. Kansas State Board of Education, 1993. (2 copies)

Pyramid Explorations. National Dairy Council, 1998. Teaches fourth graders basic nutrition concepts focused on the Food Guide Pyramid and help them master simple meal planning skills.

Pyramid Packet. Pennsylvania State Nutrition Center, 1993. Packet to help educators teach about the Food Guide Pyramid.

Pyramid Power Book. NASCO, 1994. Activities on the Food Guide Pyramid for ages preK to adult. Activities include color by number, match-ups, pictogram riddles, hidden pictures, word scramble, nutrition puzzles, crossword puzzle, and personal diet assessments.

Pyramid Plus. Oregon Dairy Council, Revised 2000. Reflects current nutrition issues and concerns of teens. Complete nutrition program based on USDA Food Guide Pyramid. Lesson stress a balanced approach to key nutrition issues, including healthy weight and body image, eating for convenience and performance, using the Nutrition facts Food Labels to make wise food choices, and focus on nutrient density of foods. Includes reproducible handouts and instructor's guide.

Pyramid Pursuit (Grades K-3). Mississippi Department of Education, 1994. Nutrition curriculum and activities for grades K-3 focusing on the Food Guide Pyramid and based on five concepts – variety, proportion, balance, fat and choices. Includes teacher, school food service, latch key and tasting party resources.

Pyramid Pursuit (Grades 4-6). Mississippi Department of Education, 1994. Nutrition curriculum and activities for grades 4-6 focusing on the Food Guide Pyramid and a child-centered interpretation of the Dietary Guidelines for Americans. Includes teacher, school food service, latch key and tasting party resources.

Pyramid Put 'N' Take Game. Dairy Council of Wisconsin, 1995. Helps children and adults categorize foods, identify recommended serving sizes, plan meals and snacks and learn about cultural foods. Includes educators guide with: preschool lessons on colors, shapes, food forms and alphabetizing; elementary lessons on food groups, flavors and food combinations; and junior high to adult lessons on smart snacking and planning menus for calories, fat and calcium.

The Food Guide Pyramid for Young Children 2 to 6 Years Old. U.S. Department of Agriculture, 1999. Available at: www.usda.gov/cnpp/KidsPyra/.

The Great Pear-a-mid: An Educational Kit for School Food Service. Pacific Coast Canned Pear Service, 1993. Objective: To teach children (grades 3 and up) about the Food Guide Pyramid and importance of fruit in the diet.

The Search for the Treasures of the Pyramid. Barbara J. Mayfield, M.S., R.D., Noteworthy Creations, Inc. 1994. Introduces young children to the Food Guide Pyramid and the concepts it illustrates using simple, age-appropriate activities. Includes an audio tape of songs and a Food Guide Pyramid puzzle. Materials are designed for preschool through early elementary.

Tips for Using the Food Guide Pyramid for Young Children 2 to 6 Years Old. U.S. Department of Agriculture, 1999. Available at: www.usda.gov/cnpp/KidsPyra/PyrBook.pdf

Using the Food Guide Pyramid: A Resource for Nutrition Educators. U.S. Department of Agriculture, 1996. To assist nutrition educators in helping people use the Food Guide Pyramid to plan and prepare foods for a healthy diet. Includes recipes and menus.

Videos

Parenting in the 90's – Eating Right Segment. CNBC and the American Medical Association, 1993. RT 3:30. *For parents – focuses on basic nutrition guidelines as outlined by the Food Guide Pyramid. Has accompanying materials. (3 copies)*

The Food Guide Pyramid. Cooperative Extension Service, New Mexico State University, 1994. *Presents information for using the Food Guide Pyramid in preparing meals and in building a leaner, healthier body. For children and adults alike.*

Five A Day

Arizona "Five a Day" for Better Health Activity Book. Arizona State Department of Education, 1991.

Count to 5, Count to 6: Fun with Fruits, Vegetables and Grains. Vermont Department of Health, 1996. *Curriculum provides information, activities and recipes focusing on fruits, vegetables and grains. Includes "5 a day" message as well as eating more grains and whole grains. Designed for child care providers and preschool educators. (2 copies)*

Eat 5-A-Day Fruit and Vegetable Activity Packet. Yummy Designs, 1995. *This packet includes a variety of materials presenting 5-a- Day themes and messages. Includes four booklets: Fruits and Vegetable Lesson Booklet; Game Booklet; Story Book; and Coloring Book. Also includes five fruits and vegetable shaped beanbags. For ages 3-10.*

Every Day, Lots of Ways: An Interdisciplinary Nutrition Curriculum for K-6. Pennsylvania Nutrition Education and Training Program, Pennsylvania Department of Education, 1993. *Includes "5 a Day" for Kindergarten to grade 1; "Every Day, Lots of Ways" for grades 2 and 3; and "Energy Choices" for grades 4-6.*

Five a Day Adventures CD-ROM. Dole Food Company, 1995. *Software program for elementary students. Includes new food label, 5 a Day and songs.*

Five a Day Foodservice and Classroom Kits. Texas Education Agency, 1996. *Designed to provide healthy eating choices and to increase participation in school lunch and breakfast programs. Foodservice kit is full of ideas for doing a 5 a Day promotion in the cafeteria. Classroom kit targets grades 2-3 and contains nutrition education lessons and other classroom activities, including those involving school foodservice.*

Five a Day Power Play! School Idea and Resource Kit. California Department of Education, 1995. *Provides 65 activities for integrating 5 a Day concepts in core curricular areas for fourth and fifth grade students.*

Five a Day, Let's Eat and Play: A Nutrition Education Program for Preschool Children. Judy Cooper and Penny Masur Levy, Palm Beach County Health Department, Palm Beach, Florida, 1998. *Includes 10 lessons designed to provide interactive learning through a variety of activities for ages 3-5.*

"Five a Day" Supermarket Tours and Adopt-a-School Programs. Dole Food Company, 1992. *Includes activities and handouts for kids on fruits and vegetables.*

Five a Day Video. Pennsylvania Nutrition Education and Training Program, Pennsylvania Department of Education, 1993. RT 4:31. *Accompanies "Every Day, Lots of Ways" curriculum. Describes ways to increase fruits and vegetables in kid's meals.*

Fresh Fruit and Vegetable Photo Cards. California Department of Education, 1997. *Includes 142 full color cards in English and Spanish to encourage children to eat more fruits and vegetables by familiarizing them with the variety of fresh fruits and vegetables commonly available. Includes nutrient information.*

Getting a Head Start with 5 a Day Fun Kit. Montana Department of Public Health and Human Services, 1996. *Includes activities, materials and resources designed to encourage young children and their families to eat more fruits and vegetables. Can be used in any child care setting (homes, centers and Head Start). Designed for preschool, but can also be used for grades K-3. Includes video with 20 minute segment for people working with preschoolers and a 30 minute segment of a teacher training session.*

High Five: A Nutrition Promotion for High School Youth. State of Florida Department of State, 1996. *Concepts include: Food Guide Pyramid, Eating Healthy on the Run; Reading Food Labels; Diet and Heart Disease; Diet and Hypertension; Diet and Cancer; Healthy Vegetarian Diets; Compulsive Overeating; Bulimia Nervosa and Anorexia Nervosa. Includes teachers' guide and video.*

Join the Fruit and Vegetable Party™ Activity Book. Laurie Manahan. Yummy Designs, 2000. *Hundreds of fun and educational activities for ages preK to adult, promoting the "5 a Day" message. Includes 20 reproducible activity sheets, worksheets and coloring pages.*

Show the Way to 5-a-Day! A Nutrition Resource Guide for Elementary School Teachers. Vermont Department of Health, 1993.

The Adventures of Captain Five A Day (audiocassette). Connecticut Department of Public Health and Connecticut Department of Social Services, 1997.

5 a Day Idea Kit: 5 a Day Initiatives for the Cafeteria, Classroom and Community Using Multi-Level Interventions (K-5). North Carolina Nutrition Education and Training Program, 1999. *Targets elementary school community in an effort to increase consumption of fruits and vegetables by young children by providing consistent messages in the classroom, cafeteria and community.*

Videos

Supermarket Smarts: The 5 A Day Way. Connecticut Department of Public Health and Connecticut Department of Social Services, 1997. RT 9:00.

The Adventures of Captain Five A Day (audiocassette). Connecticut Department of Public Health and Connecticut Department of Social Services, 1997.

Ven y Busa Cinco al Dia en tu Supermercado. Connecticut Department of Public Health and Connecticut Department of Social Services, 1997. RT 11:00. *Spanish version of Supermarket Smarts: The 5 A Day Way.*

Food Labels

Focus on Food Labeling: Read the Label, Set a Healthy Table. FDA Consumer Special Report, 1993.

Label Facts for Healthful Eating: Educator's Resource Guide. Mona Boyd Browne, R.D., The American Dietetic Association and the National Food Processors Association, 1993. (2 copies)

Soundbites: Nutrition Labeling Plain and Simple. National Live Stock and Meat Board, 1993. *Teaching kit for secondary students on the new food label, including a teacher guide, fact sheets and activity sheets.*

Target Fat. Michigan State University Extension, 1994. *Ideas for using the new food label and the food guide pyramid for lower fat meals and snacks.*

The New Food Label: There's Something in it for Everybody. Department of Health and Human Services, U.S. Department of Agriculture and International Food Information Council, 1995. *A food label education program for high school students.*

Using Food Labels to Follow the Dietary Guidelines for Americans: A Reference (Agricultural Information Bulletin Number 704). U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, 1994.

Videos

Nutrition Facts: The New Food Label. Family Experiences Productions, Inc., 1994. RT 8:00.

Supermarket Savvy. Family Experiences Productions, Inc., 1987. RT 52:00. *Separating fact from fiction when shopping for healthiest foods.*

Breakfast, Nutrition and Learning

Annotated Bibliography: School Breakfast Program. The New Jersey Breakfast Coalition and the Mid-Atlantic Regional Child Nutrition Programs and Nutrition Education and Training Program, 1995.

Barriers to School Breakfast. The Children's Foundation, Washington, DC, 1978. (2 copies)

Better Breakfast, Better Learning. California Department of Education, 1994. *Provides information on the relationship between hunger, health and classroom performance, and what you can do to implement and support School Breakfast Programs.*

Breakfast Quest Challenge. General Mills and the National Association of State Nutrition Education and Training Program Coordinators, 1993. *Educational program to help students in grades 6-8 adopt a healthy breakfast habit. Includes computer program, "The Breakfast Calculator" (IBM version).*

BreakfastTeam – A Nutrition and Fitness Education Program for Fifth and Sixth Graders. Connecticut Nutrition Education and Training Program, 1987. (2 copies)

Earl E. Bird Breakfast Promotion Packet. Texas School Food Service Association and Texas Nutrition Education and Training Program, 1993.

Eat to Learn, Learn to Eat: The Link Between Nutrition and Learning in Children. National Health/Education Consortium, 1993.

Eat Well, Learn Well. California Department of Education, 1995. *Highlights the importance nutrition plays in preparing children to learn. Also provides a conceptual model for the nutrition service component of a comprehensive school health system.*

Get Rolling on Your Own Breakfast in Schools Program. State of Florida, Department of Citrus, 1991.

School Breakfast Programs: Energizing the Classroom. Minnesota Department of Children, Families and Learning, March 1998. Available at: www.nal.usda.gov/fnic/schoolmeals/States/energize.pdf.

School Breakfast: The Healthy Way to Start Every Day. Connecticut Breakfast Initiative and National Dairy Council, 1993. *Materials and video "A National School Breakfast Program."*

School Breakfast Toolkit. Midwest 5-Start Child Nutrition Task Force, 1999. *Can be used to promote the link between breakfast and learning, implement a School Breakfast Program, and enhance existing breakfast programs. Consist of 10 lessons and/or reference sections along with a Power Point presentation on disk.*

Statement of the Link Between Nutrition and Cognitive Development in Children. Tufts University School of Nutrition, Center on Hunger, Poverty and Nutrition Policy, 1994. Available at: <http://hunger.tufts.edu/pub/statement.shtml>.

Teachers' Perceptions of the School Breakfast Program. State of Connecticut Department of Education, 1994.

The Breakfast Quest: The Big Campaign! Educator's Guide Grades 3-5. General Mills, Inc., and the National Association of State Nutrition Education and Training Program Coordinators (NASNET), 1994. *Program to encourage and help students and families to 1) Develop the habit of eating breakfast every morning; 2) Plan healthy breakfasts based on grains and incorporate other foods as recommended in the Food Guide Pyramid; and 3) Engage in daily light to moderate physical activity.*

Videos

A National School Breakfast Video Program. CT School Breakfast Initiative and National Dairy Council, 1993. RT 15:00. *Accompanies school breakfast packet.* (3 copies).

School Breakfast Program: "Providing the Fuel for Learning." Missouri Department of Elementary and Secondary Education. RT 12:37.

You Make the Difference: Effects of Good Nutrition on Learning. Tyson Foods, 1990. RT 60:00. (2 copies)

Fat and Cholesterol

Cardiovascular Disease: Nutrition for Prevention and Therapy. The American Dietetic Association, 1990.

Cholesterol in Children: Healthy Eating is a Family Affair. National Institutes of Health, 1992. *Booklet describes how families change eating patterns to help lower blood cholesterol and prevent heart disease.*

Culinary Hearts Kitchen Course. New York Heart Association, 1982. *Teaches how to put the Heart Association's Dietary Recommendations into practice. Includes slides on heart disease risk factors, fat, cholesterol, etc.*

Eating with Your Heart in Mind (7-10 Year Olds). National Institutes of Health, 1992. *Booklet includes hands-on activities to help children learn to eat a diet low in fat and cholesterol.*

Fat Display Kit. Penn State Nutrition Center, 1995. *Fat pats display the amount of fat in convenience foods. Includes set up instructions, fat and cholesterol brochures, recommended list of low-fat cookbooks, healthy heart quiz and color poster.*

Healthy Dividends – A Plan for Balancing Your Fat Budget. National Dairy Council, 1990. *Designed to help adults lower fat to 30 percent or less of calories and saturated fat to less than 10 percent of calories.*

Healthy Dividends – A Plan for Balancing Your Fat Budget, Leader's Guide. National Dairy Council, 1990.

Heart Disease Teaching Kit: Declaring War on Cholesterol and High Triglycerides. Betty Wedman, M.S., R.D., NASCO, 1986. *Includes visual aids (arterial plaque buildup samples and blood cholesterol/triglyceride samples), publication "Fats and Sugar in Heart Disease"; transparencies; and a study guide.*

Heart Health...Your Choice (11-14 Year Olds). National Institutes of Health, 1992. *Booklet includes hands-on activities to help children learn to eat a diet low in fat and cholesterol.*

How Much Fat? Part I. Young People's Healthy Heart Program, 1992. *Visual Aid – Test tubes display amount of fat in: hot dog, fast food deluxe burger, fish, bologna, cheese, chicken, ground beef, skim milk and whole milk.*

How Much Fat? Part II. Young People's Healthy Heart Program, 1992. *Visual Aid – Test tubes display amount of fat in: Hardee's French fries, McDonald's McLean deluxe burger, Pizza Hut pizza, Milky Way bar, Ritz crackers, graham and saltine crackers, regular and light potato chips, and regular ice cream and Dairy Queen ice cream.*

How Much Fat? Part III. Young People's Healthy Heart Program, 1995. *Visual Aid – Test tubes display amount of fat in five regular and reduced fat or lite products: margarine, mayonnaise, salad dressing, cream cheese and sour cream.*

Mayo Clinic Heart Book. Michael D. McGoon, M.D., Editor, William Morrow and Company, Inc., 1993.

Report of the Expert Panel on Blood Cholesterol Levels in Children and Adults. U.S. Department of Health and Human Services, 1991.

Skim the Fat: A Practical and Up-to-Date Food Guide. American Dietetic Association, Chronimed publishing, 1995. *Explains building a lower fat diet using the principles of the Food Guide Pyramid, with practical applications for shopping, label reading, cooking and eating on the go. Includes recipes.*

Target Fat. Michigan State University Extension, 1994. *Ideas for using the new food label and the food guide pyramid for lower fat meals and snacks.*

The Fat Tooth Fat Gram Counter. Joseph Piscatella, Workman Publishing, 1993.

The Fat Tooth Restaurant and Fast Food Fat Gram Counter. Joseph Piscatella, Workman Publishing, 1993.

The Heart Care Program: Dietary Management of Cholesterol. Hall-Foushee Productions, Inc., 1989. *Contains 1 audiocassette and 4 videos: Eating to Live, Living to Eat; Good and Healthy; How to Be a Low-Fat Eater in a High-Fat World; Tomorrow's Kitchen.*

The New Fit or Fat. Covert Bailey, Houghton Mifflin Company, 1991.

Understanding and Managing Cholesterol: A Guide for Wellness Professionals. Kevin P. Byrne, M.D., M.P.H., Human Kinetics Books, 1991.

Videos

Eating to Live, Living to Eat. Hall-Foushee Productions, Inc., 1989. *Accompanies "The Heart Care Program: Dietary Management of Cholesterol."*

Fit or Fat for the 90's: Facts You Should Know on Losing Fat While Staying Fit. PBS Home Video, 1991. RT 60:00.

Food and Fat. The Learning Seed, 1993. RT 28:00. *Teaches viewers how to determine their daily fat limit, and how to count grams of fat to stay within the limit.*

Good and Healthy. Hall-Foushee Productions, Inc., 1989. *Accompanies "The Heart Care Program: Dietary Management of Cholesterol."*

How to Be a Low-Fat Eater in a High-Fat World. Hall-Foushee Productions, Inc., 1989. *Accompanies "The Heart Care Program: Dietary Management of Cholesterol."*

Lower Your Cholesterol, Now! With Leni Reed, M.P.H., R.D. Family Experiences Productions, 1994. RT 33:00.

Tomorrow's Kitchen. Hall-Foushee Productions, Inc., 1989. *Accompanies "The Heart Care Program: Dietary Management of Cholesterol."*

Nutrition, Fitness and Exercise

ACSM Fitness Book. American College of Sports Medicine, Leisure Press, 1992.

Coaches Guide to Nutrition and Weight Control. Patricia Eisenman, Stephen C. Johnson, and Joan Benson. Leisure Press, 1992.

Design for Health. Somerville Massachusetts School Department, 1979.

Eating for Endurance. Ellen Coleman, R.D., M.A., M.P.H. Bull Publishing Company, 1992.

Fit Kids: Getting Kids “Hooked” on Fitness Fun. Mandy Laderer. Allure Publishing, 1993. *Guide for parents and educators to help children develop a healthy fitness and nutritional lifestyle.*

Food, Fitness and Fun. Gundersen Lutheran. Gundersen Lutheran Nutrition Services, 2001. *Developed for middle-school children to encourage healthy living through a balanced diet and fun physical activity.*

Food, Fun n’ Fitness: Designing Healthy Lifestyles for Our Children. Mary C. Friesz, 2002. *Comprehensive and informative reference emphasizing importance of nutrition, physical activity and mental wellness as the foundation for healthy children and adults.*

Food for Sport. Nathan J. Smith and Bonnie Worthington-Roberts, Bull Publishing Company, 1989.

Food Power: A Coach's Guide to Improving Performance, Second Edition. National Dairy Council, 1991.

Invest in Yourself: A Sports Nutrition Manual for High School and Middle School Coaches, Trainers and Teachers. Florida Department of Education, 1997. *Educational module and videotape which offers current scientifically accurate, age-appropriate sports nutrition information for educating adolescent athletes and parents about sports nutrition. Includes video “Invest in Yourself.”*

Nutrition and Physical Fitness: A Review. New York Nutrition Education and Training Program, New York State Department of Education, 1980.

Nancy Clark's Sports Nutrition Guidebook: Eating to Fuel Your Active Lifestyle. Nancy Clark, Leisure Press, 1990.

Play Hard, Eat Right: A Parents’ Guide to Sports Nutrition for Children. Debbi Sowell Jennings, M.S., R.D. and Suzanne Nelson Steen, D.Sc., R.D. 1995. *Answers questions of parents and coaches about the nutritional needs of exercising children – both recreational and competitive athletes – between the ages of 6 and 12.*

Report of the Ross Symposium: The Theory and Practice of Athletic Nutrition – Bridging the Gap. Ross Laboratories, Columbus, OH, 1988.

Sports Nutrition. Arizona Department of Education, 1983.

Sports Nutrition. Missouri Nutrition Education and Training Program, Missouri Department of Health, 1995. *Topics include: Eat to Compete; Fit Folks Need Fit Food; The Food Guide Pyramid; Fat Finder's Guide; Pre-and Post-Event Meals; Tips for the Diabetic Athlete; Pinning Down Your Optimal Weight; Pills, Powders and Potions; Steroids in Sports; Meals On-the-Go; and Eating Disorders. Also includes 8 handout masters.*

Sports Nutrition: A Guide for the Professional Working with Active People, Second Edition. Dan Benardot, Ph.D., R.D., Editor. American Dietetic Association, 1993. *Includes information on the metabolic needs of exercise, medical and nutrition assessment, conditions requiring special consideration, practical considerations and applications and controversial practices of athletes.*

Sports Nutrition for the Child Athlete. The American Dietetic Association, 1993. *Designed to answer questions of coaches and parents concerning the nutritional needs of exercising children – both recreational and competitive athletes – between the ages of 6 and 12. Topics include: growth, development, and body composition appropriate to age; specific nutrient needs of exercising children; vitamin, mineral or other ergogenic aids; and weight management issues. Includes practical issues for child athletes and parents, such as pre- and post-game eating, fast foods, recipes, menus and snacks.*

Sports Nutrition Packet for Adolescents. The Nutrition Coach, 1994. *Eight camera-ready handout masters developed for student athletes grades 7 to 12 to encourage winning eating habits. Good for team and parent meetings, health education classes, meal planning at home or at school. Materials include how to calculate caloric needs and translate these into food; fluid consumption recommendations; guidelines for timing of meals, snacks and beverages; and the best food ergogenic aids.*

Sports Nutrition Resource Packet. Penn State Nutrition Center, Pennsylvania State University, 1993. *Contains background information and camera ready copies of activities/handouts to use with adolescent athletes.*

The All Bodies Should Exercise Forever (ABSEF) Guide for Teaching Physical Fitness to Kids – An Exercise and Nutrition Manual for Instructors and Parents. Renae Buss, ABSEF, 1993. *Fun lessons to excite kids about exercise and nutrition. (2 copies)*

The Nutrition Advantage: A High Performance Food Guide for Coaches and Student Athletes. Washington State Potato Commission, 1993.

The Right Moves: A Girl's Guide to Getting Fit and Feeling Good. T. Schwager and M. Schuerger. Free Spirit Publishing, 1998. *Quick and easy reference for girls(ages 12-17) looking for sound advice on eating a variety of nutritious foods, exercising for the fun of it, and keeping a positive attitude.*

Training Table: Nutrition in Sports and Fitness (Secondary). Nutrition Services, Portland Public Schools, 1987.

Walking Off Weight. Robert Sweetgall, Roba Whiteley, and Robert Neeves, Creative Walking Inc., 1989.

365 Activities for Fitness, Food, and Fun for the Whole Family. Julia E. Sweet. Contemporary Books, 2001.

Obesity and Eating Disorders

- A Parent's Guide to Eating Disorders and Obesity. Martha M. Jablow, The Children's Hospital of Pennsylvania, 1992.
- Childhood Obesity: Prevention and Treatment. Jana Parizkova and Andrew Hills. CRC Press, 2001.
- Children and Teens Afraid to Eat: Helping Youth in Today's Weight-Obsessed World. Frances M. Berg. Healthy Weight Network, 2001. *Examines six major eating and weight problems and gives clear guidelines on how to make needed changes at home, school and community.*
- Children and Weight: What Communities Can Do. University of California, 2002. *Developed to assist health professionals and other community leaders who want to start a community collation to address the issue of childhood overweight.*
- Eating Disorders. L.K. George Hsu, The Guilford Press, 1990.
- Health Risks of Obesity, Second Edition. Frances M. Berg, Obesity and Health, 1993.
- Healthy Eating for Weight Management. Mary Turck. Capstone Press, 2001. *A book for teens that discusses body image in the context of diet, exercise and weight management.*
- If Your Child is Overweight: A Guide for Parents. Susan M. Kosharek, M.S., R.D. The American Dietetic Association, 1993. *Written specifically for parents with overweight children between the ages of 6 to 12.*
- Moving Our Children Toward a Healthy Weight...Finding the Will and the Way. North Carolina Division of Public Health, 2002. *A comprehensive state plan to reduce and prevent childhood overweight.. Includes 12 key recommendations for action by families, schools/childcare, communities, health care, media, and researchers. Available at: www.nchealthyweight.com/gototheplan.htm.*
- Obesity in Childhood and Adolescence: A Review. Betsy Haughton, New York Nutrition Education and Training Program, New York State Department of Education, 1980.
- Preventing Childhood Eating Problems. Jane R. Hirschmann and Lela Zaphiropoulos. Gurze Books, 1993. *A practical positive approach to raising children (infants to adolescents) free of food and weight conflicts.*
- Teenage Nutrition: Prevention of Obesity, Now and For a Lifetime. Instructor's Manual. Michael C. Pouliot, RD and Anastasia Pouliot, MPH., RD., Mind Your Body, 1997. *Includes video Teenage Nutrition: Prevention of Obesity, Now and For a Lifetime (RT:25).*
- The Prevention of Child and Adolescent Obesity in Iowa: A Position Paper. Child and Adolescent Obesity Prevention Task Force, Iowa Department of Public Health, 2000. *Available at: www.idph.state.ia.us/fch/n-wic/obesity.pdf.*
- The Role of Michigan Schools in Promoting Healthy Weight: A Consensus Paper. Michigan Department of Education, 2001. *Available at: www.state.mi.us/mde/off/health/healthyweight.pdf*
- Winning Weight Loss for Teens. Joanne Ikeda, Bull Publishing Company, 1987. (2 copies)

Videos

Diet Obsession: More Tips on Eating Healthy. CNN, 1993. RT 25:00.

Safe Dieting for Teens. Linda Ojeda, Ph.D. Hunter House, 1993. *Discusses fad diets, eating habits, diet program, ideal weight and diet plans. For grades 8-12.*

Teenage Nutrition: Prevention of Obesity, Now and For a Lifetime. Mind Your Body, 1997. RT 25.:00.

The Seven Most Popular Weight Management Myths. National Health Video, Inc., 1993.

Nutrition and Pregnancy

Choosing a Healthy Start (Nutrition for Pregnant Teens). Hawaii State Department of Education, 1992.

Classroom Activities in Nutrition in Teenage Pregnancy. Wisconsin Department of Public Instruction, 1990.

Eating for Two: The Complete Guide to Nutrition During Pregnancy. Mary Abbott Hess and Anne Elise Hunt, Macmillan Publishing Company, 1992.

Food Foundation for Fitness: For Your Special Delivery. NCES, 1994. *Adaptation of the Food Guide Pyramid for pregnancy. (Handout).*

Nutrition for Life: A Smart Start!, Grades 9-12. Division of Nutritional Sciences, Cornell University, NY, 1988. *Nutrition and adolescent pregnancy.*

Nutritional Guide for Pregnant and Lactating Adolescents. California Department of Education, 1987.

Sound Nutrition for Teenage Mothers to Be. Florida Nutrition Education and Training Program, Florida Department of Education, 1991.

Teenage Pregnancy and Nutrition: A Review. Linda Elswick, University of the State of New York, 1980.

Working with the Pregnant Teenager: A Guide for Nutrition Educators. U.S. Department of Agriculture, Department of Health and Human Services, 1981.

Vegetarianism

- A Vegetarian Diet. Shirley Moore and Mary Byers, Woodbridge Press Publishing Co., 1978.
- A Vegetarian Sourcebook: The Nutrition, Ecology and Ethics of a Natural Foods Diet. Keith Akers, Vegetarian Press, 1989.
- Becoming Vegetarian: The Complete Guide to Adopting a Healthy Vegetarian Diet. Vesanto Melina, R.D., Brenda Davis, R.D., and Victoria Harrison, R.D. Book Publishing Company, 1995.
- Being Vegetarian. Suzanne Havala, M.S., R.D., F.A.D.A. American Dietetic Association, 1996. *Provides information needs to eat healthful meals centered around plant foods.*
- Lean and Luscious and Meatless. Bobbie Hinman and Millie Snyder, Prima Publishing, 1992.
- Meatless Meals for Working People: Quick and Easy Vegetarian Recipes. Debra Wasserman and Charles Stahler, The Vegetarian Resource Group, 1990.
- Simple, Lowfat and Vegetarian. Suzanne Havala, M.S., R.D. The Vegetarian Resource Group, 1994.
- The Essential Vegetarian Cookbook. Diana Shaw. Clarkson Potter Publishers, 1997. *Over 600 low-fat recipes.*
- The Global Vegetarian: Adventures in a Meatless Kitchen. Jay Solomon. Contemporary Books, 1995.
- The Jumbo Vegetarian Cookbook. Judi Gillies and Jennifer Glossop. Kids Can Press, 2002. *Nutritious and delicious meatless dishes inspired by cultures around the world to introduce kids and others to vegetarian foods.*
- The New Laurel's Kitchen: A Handbook for Vegetarian Cookery and Nutrition. Laurel Robertson, Carol Flinders and Brian Ruppenthal. Ten Speed Press, 1986.
- The Vegetarian's Self-Defense Manual. Richard Barga. The Theosophical Publishing House, 1979.
- Vegan Handbook: Over 200 recipes, Meal Plans and Vegetarian Resources for All Ages. Debra Wasserman and Reed Mangels, Ph.D., R.D., Editors. The Vegetarian Resource Group, 1996. *Includes information and recipes.*
- Vegetarian Journal Reports. Debra Wasserman and Charles Stahler, Editors. The Vegetarian Resource Group, 1990.
- Vegetarianism for Teens. Mary Turck. Capstone Press, 2001. *A book for teens describing a vegetarian diet and how to plan meals.*
- 1,001 Low-Fat Vegetarian Recipes. Sue Splitter with Linda Yoakam, R.D., Surrey Books, 1997.

Accommodating Special Dietary Needs

Accommodating Children with Special Dietary Needs in the School Nutrition Programs. Washington, DC: U.S. Department of Agriculture, 1995. Available at: www.fns.usda.gov/cnd/Guidance/Special%20Dietary%20Needs.pdf.

Adverse Reactions to Food. Therese Beaudette, The American Dietetic Association, 1991.

Dietary Management of Food Allergies and Intolerances, A Comprehensive Guide, Second Edition. Jancie Vickerstaff Joneja. JA Hall Publications LTD, Canada, 1998.

Food Allergies. Merri Lou Dobler, M.S., R.D., The American Dietetic Association, 1991. *Highlights symptoms and diagnosis of food allergies and how to plan meals. Special section on label reading covers allergies to milk, wheat, corn, soy, nuts and peanuts, eggs, seafood and shellfish, fruits and vegetables and more. Includes tips for substitutions, resources, references, special products and recipes. (2 copies)*

Food Allergy Field Guide: A lifestyle Manual for Families. Theresa Willingham. Savory Palate, Inc., 2000. *Guide to helping children and caregivers manage food sensitivities to wheat, dairy, eggs, corn, peanuts, soy and other common food allergens.*

Gluten Intolerance, Revised Edition. Merri Lou Dobler, R.D. American Dietetic Association, 1996. *Provides guidelines for food choices and meal planning, tips on substitutions and eating out, special products and resources, and recipes.*

Lactose Intolerance, Revised Edition. Merri Lou Dobler, R.D. American Dietetic Association, 1997. *Provides tips for tolerance, label reading, nutritional concerns, substitutions and menu planning. Includes chart on the lactose content of common foods.*

Nutrition Guide to Food Allergies. Food Allergy Network, 1992. *Provides basic overview of food allergies, how they are diagnosed and treated.*

School Food Allergy Program: A Comprehensive Program for Managing Allergies at School. Food Allergy Network, 1995. *Program created to disseminate information about food allergies and anaphylaxis to school officials. Purpose is to help schools minimize the risk of an allergic reaction and to create a plan to quickly assist the student if a reaction occurs. Includes video, "Keeping Our Children Safe."*

Taking Diabetes to School. Kim Gosselin. JayJo Books, LLC, Valley Park, MO, 1998. *Colorfully illustrated book offering insight into the life of a child with chronic illness, explaining the complexities of diabetes in kid language. Includes "Kids Quiz" and "Ten Tips for Teachers" that help kids understand this disease.*

Taking Food Allergies to School. Ellen Weiner. JayJo Books, LLC, Valley Park, MO, 1999. *Colorfully illustrated book offering insight into the life of a child with chronic illness, explaining the complexities of food allergies in kid language. Includes "Kids Quiz" and "Ten Tips for Teachers" that help kids understand this disease.*

The Milk Sugar Dilemma: Living with Lactose Intolerance, Second Edition. Richard A. Martens, M.D. and Sherlyn Martens, M.S., R.D. Medi-Ed Press, 1987.

Your Child's Food Allergies. Jane McNicol. John Wiley & Sons, Inc., 1992. (2 copies)

Videos

It Only Takes One Bite: Food Allergy and Anaphylaxis. Food Allergy Network, 1993. RT 18:00.

Keeping Our Children Safe. Food Allergy Network, 1995. RT 10:00. *Accompanies the School Food Allergy Program: A Comprehensive Program for Managing Allergies at School.*

Nutrition and Special Needs Students

Basic Nutrition and Kitchen Skills for the Developmentally Disabled. Florida State Department of Education, 1991. *Includes video "Basic Nutrition and Kitchen Skills for the Developmentally Disabled."*

Children with Special Health Needs – A Resource Guide. National Center for Maternal and Child Health, Arlington, VA, August 1993.

Costs Associated with Providing School Meals for Children with Special Food and Nutrition Needs. National Food Service Management Institute, 1994.

Doorway to Nutrition: A Nutrition Education Program for the Handicapped. University of the State of New York, State Department of Education, 1980.

Every Little Bite Counts: Supporting Young Children with Special Needs at Mealtime. California Department of Education, 1998.

Family/Professional Collaboration for Children with Special Health Needs and Their Families. Kathleen Kirk Bishop, Department of Social Work, University of Vermont, 1993.

Feeding for the Future – Exceptional Nutrition in the I.E.P. A Guide to Self-Feeding for Teachers, Parents and Caregivers of Children with Special Needs. Florida Department of Education, 1996. *Includes video "Feeding for the Future."*

Fun Food Experiences for Preschool Children with Handicaps. Joyce Mosemar and Linda Rippetoe, Missouri Nutrition Education and Training Program, Missouri Department of Education.

Look and Cook. Ellen Sudol, 1985.

Look and Cook Curriculum Guide. Ellen Sudol, Attainment Co., 1985.

Meeting Their Needs – Training Manual for Child Nutrition Programs Personnel Serving Children with Special Needs. U.S. Department of Agriculture, SERO and University of Alabama, 1993.

Nutrition and Feeding for Persons with Special Needs: A Practical Guide and Resource Manual, Second Edition. Cecilia Rokusek and Eberhard Heinrichs, Editors, 1992. (2 copies)

Nutrition and Feeding for the Developmentally Disabled: A How To Manual. Child and Adult Nutrition Services, South Dakota, 1985.

Nutrition and Handicapped Children: A Handbook for Parents and Teachers. Florida State Department of Education, 1988.

Nutrition for Children with Special Needs. United Cerebral Palsy of Minnesota, 1985.

Nutrition Management of Handicapped and Chronically Ill School Age Children: A Resource Manual for School Personnel, Family and Health Professionals. Horsley, Allen and White, Virginia Department of Health. (2 copies)

Nutrition Resource Guide for Children with Special Health Care Needs. Massachusetts Department of Public Health, June 1994.

Project SPOON: Special Program of Oral Nutrition for Children with Special Needs. Maternal and Child Health Bureau, 1991.

School Nutrition and Food Service Techniques for Children with Exceptional Needs – Guidelines for School Food Service Personnel, Teachers, Aides, Volunteers, and Parents. California State Department of Education, 1985.

The Right to Grow. Johanna Dwyer and Mary C. Egan, Frances Stern Nutrition Center, New England Medical Center, Boston, MA, 1986. (2 copies)

101 Picture Recipes. Rose Redmond, Association for Retarded Citizens, Michigan, 1983.

101 Picture Recipes: Manual and Symbols. Rose Redmond, Association for Retarded Citizens, Michigan, 1983.

101 Picture Recipes: Teacher's Manual. Rose Redmond, Association for Retarded Citizens, Michigan, 1983.

Videos

Basic Nutrition and Kitchen Skills for the Developmentally Disabled. Florida State Department of Education, 1991.

Consuming Concerns: Nutrition Concerns in Early Intervention. Frances Stern Nutrition Center, New England Medical Center, 1995. *Provides an introduction to Early Intervention providers about the need to include nutritionists and nutrition services in their Early Intervention Program. Includes trainers guide with pretest, trigger questions, fact sheets and evaluation form.*

Feeding for the Future. Florida Department of Education, 1996. RT 19:00. *Accompanies manual "Exceptional Nutrition in the I.E.P. A Guide to Self-Feeding for Teachers, Parents and Caregivers of Children with Special Needs."*

Room at the Table: Meeting Children's Special Needs at Mealtime. California Department of Education, 1996. RT 23:00. *Provides basic information on feeding children with special needs in child care.*

The Story of How Fred Fiddle Got Fit. Ohio Nutrition Education and Training Program, 1992. *Cartoon drawings on fitness and the disabled child.*

Nutrition for Preschoolers

A Healthy Head Start: A Worry Free Guide to Feeding Young Children. Hess, Hunt and Stone, Henry Holt & Co., 1990.

Better Baby Care: A Book for Family Day Care Providers. The Children's Foundation, Washington, DC, 1986.

Breakfast and Snack Basics: A Guide for Child Care Providers. Florida Department of Citrus, 1995.

Breastfed Babies Welcome Here Resource Packet. U.S. Department of Agriculture, 1993.

CARE Connection Training Program Sponsor Guide. National Food Service Management Institute, 1997. *The training program is developed for use by CACFP sponsors of child care centers and family day care homes for training child care staff/providers. Materials include videos and accompanying guides.*

CARE Connection Training Program (Volume I). National Food Service Management Institute, 1997. *Includes four videos and accompanying materials: Introduction to the CARE Connection Training Program (RT 13:40); Nutrition Needs of Young Children (RT 15:28); Meal Patterns for the CACFP (RT 16:52); Planning Menus for Young Children (RT 21:43).*

CARE Connection Training Program (Volume II). National Food Service Management Institute, 1997. *Includes four videos and accompanying materials: Basic Food Preparation for Young Children (RT 18:11); Food Safety and Sanitation in Child Care Centers (RT 16:58); Food Safety and Sanitation in Child Care Homes (RT 16:42); Managing Mealtime with Young Children (RT 14:30).*

CARE Connection Training Program (Volume III). National Food Service Management Institute, 1997. *Includes four videos and accompanying materials: Nutrition Education for Young Children (RT 15:12); The CACFP in Child Care Centers (RT 15:24); The CACFP in Child Care Homes (RT 13:59)*

Child Care Nutrition Resource Packet. Penn State Nutrition Center, 1991. *Contains background readings; activities; display ideas; list of recommended books, curriculums, audiovisuals and resource organizations. Topics include sugar, artificial sweeteners and behavior; fat sodium and heart healthy foods; food jags and feeding problems; activity based teaching strategies; recipes.*

Child Nutrition: A Focus On Preschool – Guidance for Early Care and Education Programs. Hartford, CT: Connecticut State Department of Education, July 2001. *Provides information on the role of nutrition services in early childhood programs. Nutrition services include (1) identification of children's nutrition needs; (2) the provision of nutritious and safe meals and snacks; and (3) nutrition education for children, parents and staff. Addresses key components for quality nutrition services and includes strategies for providing effective nutrition education for preschoolers. Available at: www.state.ct.us/sde/deps/early/ChildNutCP.pdf.*

Child of Mine: Feeding with Love and Good Sense. Ellyn Satter, Bull Publishing Co., 1986. (4 copies)

Childhood Emergencies: What to Do – A Quick Reference Guide (Flipchart). Marin Childcare Council, Project Care for Children, Bull Publishing Co., 1991.

Common Sense Guide to Growth and Nutrition: How to Evaluate Infants and Preschool Children. George Sturtz and Susan Zabriskie, Hojack Publishing Co., 1991.

Connecticut Child Care Provider Training Clearinghouse. Infoline, United Way, Department of Social Services, 1994.

Early Childhood: Years of Promise. Connecticut Public Television, 1998. *Video documentary and accompanying booklet which explores the critical importance of young children's health and development and the urgent need for quality child care in our country.*

Family Child Care Health and Safety Checklist: A Packet for Family Child Care Providers. Abby Shapiro Kendrick and Joanne Gravell, Massachusetts Department of Health, Redleaf Press, 1993. *The packet includes a video and checklist for family child care providers. Eight sections include: Your Home; Out of Bounds; Gates and Guards; Storage; Infant and Toddler Equipment; Outdoor Play; Emergency Planning; Health and Hygiene.*

Feeding Infants: A Guide for Use in the Child Nutrition Programs. U.S. Department of Agriculture, Food and Nutrition Service, Revised December 2001. *Includes information on infant development, nutrition for infants, breastfeeding and formula feeding, preventing tooth decay, feeding solid foods, drinking from a cup, choking prevention, sanitary food preparation and safe food handling, commercially prepared and home-prepared baby food, and some of the Infant Meal Pattern requirements. Available at: www.fns.usda.gov/tn/Resources/feeding_infants.html.*

Feeding with Love and Good Sense Training Manual: Intensive Workshop on Child Development and Feeding. Ellyn Satter, R.D. Ellyn Satter Associates, 1997. *Includes diagnostic tests, annotated bibliographies on the feeding relationship, discussion of childhood obesity, clinical examples and material on child development, eating competence and the feeding relationship, plus teaching materials.*

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Nutrition and Feeding for Infants and Children Handout Packet. Ellyn Satter, M.S., R.D., 1995. *Includes 56 reproducible masters responding to the questions most frequently asked by parents and other child care providers about growth, feeding, child development and nutrition.*

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Nutrition Screening for the Preterm and Term Infant (0-12 mos.). Pat Morris, Memorial Hospital Medical Center Perinatal Outreach Project, Long Beach, CA, 1983.

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Early Childhood: Years of Promise. Connecticut Public Television, 1998. *Video documentary and accompanying booklet which explores the critical importance of young children's' health and development and the urgent need for quality child care in our country.*

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No Better Gift. Society for Nutrition Education, 1984. RT 20:00. *Nutrition for preschoolers.*

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RT 30:00. *Focuses on nutritional needs as defined by the Food Guide Pyramid. Accompanying manual.*
(2 copies)

Tip Top Tots: The Nutrition Pyramid for Preschoolers. Meridian Education Corporation, Bloomington, IL, 1994. RT 20:00. *For use in teaching child care providers the importance of good nutrition for children ages 2 to 6.*